

**Overton
Harriers**



**&
Athletic Club**

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December 2013 Issue 436

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January 4 th	HAMPSHIRE XC CHAMPIONSHIPS
11 th	HAMPSHIRE XC LEAGUE, BOURNEMOUTH
19 th	STUBBINGTON 10k (HRRL)
23 rd	FOXDOWN HANDICAP
25 th	SOUTHERN XC CHAMPIONSHIPS (PARLIAMENT HILL)

Also remember the Park Run 5k's at the War Memorial Park, Basingstoke, Greenham Common, Newbury and Charlton Sports Ground, Andover at 9:00 Saturday

FROM THE CLUB ARCHIVE *from Richard Francis*

2014 is a big year for the club as we celebrate our 40th anniversary, yes folks the club officially becomes an "Old Git". The creation of the club can be firmly credited to Keith Blakey who arrived in the village to take up a teaching post at Lordsfield School. From persuading some local beer drinking footballers to join him on a run around the Harrow Way he set in motion the formation of a club that predates the jogging boom years and has produced athletes who have performed at County, Area, National & International levels.

The first set of results in the old club result book (compiled by Mike "Geggy" Gregory) is for a run over the Combe Gibbet course with Keith naturally leading the way home. Del Dyer took second while Geggy beat a young Eric Tilbury for fourth spot while another present day member in 6th place was Mick Scoggins. The next entry, dated June 2nd 1974, was for a 10 miles sponsored run from Andover to Overton with no less than 15 Harriers taking part with the results showing the names of John Hoare (67:34) & JT (74:03) for the first time.

The first inter club competition listed took place in October '74 with the first of many road relay events along the main road between Andover & Newbury. The race alternated direction each year but sadly had to be terminated due to road safety issues but the results for that year are notable for the first mention of a promising junior called Paul Wheeler. Elsewhere that month I, another not so promising junior, set out on my running career with a third from last finish in a XC race in Andover.

1975 saw the club host its first open event as 19 runners (including athletes from Andover & Basingstoke) completed the Combe Gibbet run; the course was shorter in those days with runners crossing the A34 at "Seven Barrows" instead of using the underpass. This race lives in my memory as it was the first time I beat Eric, who was admittedly suffering from an excess of liquid refreshment the previous night.

The summer of 1975 saw Keith leading us into the Southern Track & Field League. Our first fixture in Division 4 West took place on a grass track at Salisbury, we finished 5th out of 6 teams with our only winners being Laurie Shaw in the 100mtrs & Geggy in the Hammer competition that was measured in feet & inches. (Note to younger readers.....ask your grandparents). The second fixture was at Camborne in Cornwall and I believe it was Frank Pawley who arranged a minibus for the occasion which, as an impressionable 15 year old, I will never forget for several reasons: Eric's choice of reading material, Geggy's inaugural club Pole Vault record (and his torn ligaments to prove it) and JT's first attempt at the 3,000 Steeplechase while being "supported" by the entire team who wanted to get off to the pub.

The remainder of 1975 saw runners competing at numerous local road races including the Salisbury 5 (guess who had a DNF in the junior race after getting lost), the Reading 10 miles, Newbury 9, Basingstoke 6 & Portsmouth 5 (who got lost again) plus XC races at Camberley, Haywood Heath, Guildford, Bristol & Southampton. It was around this time that the club first turned out junior teams with about a dozen different juniors turning out at Open track meetings and XC races with Vince & Tanya Gregory both recording good results.

The final event to mention was the 1975 Masters & Maidens Marathon at Guildford; this event was the predecessor of all the mass entry events kick started by the New York & London Marathons of the early 1980's. Only 2 Harriers competed with JT finishing well up the field but it was 15 year old Paul Wheeler's 3:33:45 that made the headlines.

Next month.....the newsletter is born.

FOXDOWN HANDICAP RACE 3

19th December

from Richard Francis

Race 3 of the winter saw a 2nd consecutive small field which meant that quite a few of the early league pacemakers fell out of contention for the end of season prizes.

Robbie ran out a comfortable winner as he continues to improve, in his ten races over the past 2 years he has only failed to run a PB once and this time improved again by 29 seconds. Second place went to Julia who took 13 seconds off her PB but will surely improve a lot more by the end of the winter.

George equalled his best time to take third place on the night as he caught Dave Titcomb in the closing stretch. Dave in turn held off Sean who was the fastest on the night by a big margin. Neil was a bit below his recent PB form but was still good enough to take second fastest ahead of Richard Clifford & Keith Vallis.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
1	R. DENNISON	36.29	11.43	24.46	8
2	J. LEAVEY	36.45	GO	36.45	13
3	G. PREECE	36.58	12.20	24.38	=6
4	D. TITCOMB	37.00	11.25	25.35	10
5	S. HOLMES	37.01	16.46	20.15	1
6	K. VALLIS	37.07	14.56	22.11	4
7	K. CLARK	37.11	12.33	24.38	=6
8	R. CLIFFORD	37.21	15.22	21.59	3
9	N. MARTIN	37.30	15.44	21.46	2
10	M. VAN NUETEN	37.53	6.52	31.01	12
11	P. PUNTAN	38.13	12.55	25.18	9
12	B. HAY	38.16	11.22	26.54	11
13	M. BLISS	38.24	15.29	22.55	5
14	M. BULPITT	39.28	2.40	36.58	14

Splendid turn out with 19 Harriers gracing the wet and muddy Popham course.

First up was Mel making her first appearance of the season and putting in a splendid effort in the Under 13 Girls race.



The Ladies team had probably their best result of the year. Once again Cath led the team home with a strong run in 19th that has kept her in with an outside chance of an individual medal in the Vets competition. But she was pressed hard by Hannah, who easily had her best run of the season, just one place behind. Audra was a bit disappointed with her run but it was enough to give the team a very respectable 6th place on the day and keep them in 6th place overall.

Next home was Claire, another who comfortably had her best run of the season, and even managed to out sprint a rival on the line. Lucy added to the overall strength of the team in her first XC run of the season finishing within a few seconds of Claire.

The squad was completed by Annette, another seasons first, and Monique, as these two ensured the Vets of their best result of the season as they finished fourth on the day which moved them up to 6th overall.

Much of the Men's race was about the Vets competition with our leading trio of Sean, Lee and Neil starting with a narrow lead over Aldershot. It was much to their credit that AFD paid them the complement of a three line whip to put out a huge number of their leading Vets.

Unfortunately we had to concede first place on the day but still hold a one point lead in the Vets league. But all three had terrific runs and Sean is still in line for an individual award at the seasons end.

Richard and Keith gave excellent support joining the trio as counters in the senior league competition as we gained another healthy 8th place which gives us a five point cushion over the relegation places.

Only a few seconds separated our next three runners after a battle royal with Bliss just getting the edge over Dave Bush and Keith only one place behind.

Then came a trio of super Vets to complete our contingent with Dave taking the honours over Franny, who had his first outing of the season, and Steve Spence (a super, super Vet) making his first ever appearance over the country.

RESULTS

U/13 Girls

Harrier	Time	Position
Mel Hodkin	14m 59s	71 st

74 finished

Senior Ladies

Harrier	Time	Position
Cath Wheeler	24m 11s	19 th
Hannah Bliss	24m 18s	20 th
Audra Dennison	27m 14s	55 th
Claire Boyle	27m 55s	65 th
Lucy Pearson	28m 24s	73 rd
Annette McInnes	30m 27s	89 th
Monique Van Nueten	31m 50s	95 th

107 finished

Senior Men

Harrier	Time	Position
Sean Holmes	35m 49s	58 th
Lee Tolhurst	36m 13s	68 th
Neil Martin	36m 44s	75 th
Richard Clifford	39m 07s	123 rd
Keith Vallis	39m 24s	127 th
Mike Bliss	41m 53s	178 th
Dave Bush	41m 57s	179 th
Keith Clark	42m 15s	180 th
Dave Titcomb	44m 26s	204 th
Richard Francis	51m 10s	239 th
Steve Spence	52m 23s	244 th

250 finished

Hampshire Cross Country League 2013/14

Senior Men - Team Aggregate

Division 1

		19/10/2013		09/11/2013		30/11/2013		11/01/2014		08/02/2014		Aggregate	
1	Aldershot, Farnham & District	18	1	22	1	38	1					78	3
2	Southampton	127	3	124	2	83	2					334	7
3	Reading AC	87	2	220	5	106	3					413	10
4	Basingstoke & Mid Hants	198	5	134	3	130	4					462	12
5	Winchester & District	177	4	319	8	211	5					707	17
6	Bournemouth	232	6	203	4	384	7					819	17
7	City of Portsmouth	315	7	236	6	255	6					806	19
8	Overton Harriers	346	8	310	7	451	8					1107	23
9	Wimborne	508	9	485	9	562	10					1555	28
10	Eastleigh RC	710*	10	664	10	518	9					1892	29

Veteran Men - Team Aggregate

Division 1

		19/10/2013		09/11/2013		30/11/2013		11/01/2014		08/02/2014		Aggregate	
1	Overton Harriers	18	1	19	1	35	2					72	4
2	Aldershot, Farnham & District	18	2	26	2	14	1					58	5
3	Winchester & District	50	3	77	3	58	3					185	9
4	Southampton	78	4	78	4	80	5					236	13
5	Wimborne	91	5	112	5	103	6					306	16
6	Camberley & District	100	6	160	7	71	4					331	17
7	Basingstoke & Mid Hants	137	7	113	6	188	8					438	21
8	Hardley Runners	201	9	255	9	301	9					757	27
9	Eastleigh RC			170	8	121	7						
10	Haslemere Border	187	8										

Women - Team Aggregate

		19/10/2013		09/11/2013		30/11/2013		11/01/2014		08/02/2014		Aggregate	
1	Aldershot, Farnham & District	12	1	16	2	9	1					37	4
2	Southampton	26	2	15	1	24	3					65	6
3	Winchester & District	37	4	42	3	19	2					98	9
4	Reading AC	36	3	51	4	83	5					170	12
5	Basingstoke & Mid Hants	113	5	143	7	60	4					316	16
6 =	Overton Harriers	116	6	188	12	94	6					398	24
6 =	Andover	142	7	178	10	127	7					447	24
8	Havant	185	9	172	8	165	10					522	27
9	Totton RC	209	10	234	14	181	11					624	35
10	Stubbington Green Runners	226	12	212	13	211	14					649	39
11	Fleet & Crookham	222	11	271	16	207	13					700	40
12	Reading Roadrunners	230	13	321	17	200	12					751	42
13	Victory	314	14	328	18	228	16					870	48

Veteran Women - Team Aggregate

		19/10/2013		09/11/2013		30/11/2013		11/01/2014		08/02/2014		Aggregate	
1	Winchester & District	18	2	24	1	10	1					52	4
2	Reading AC	17	1	32	3	36	2					85	6
3	Southampton	48	3	43	4	40	3					131	10
4	Totton RC	62	5	74	6	70	5					206	16
5	Andover	54	4	85	7	74	6					213	17
6	Overton Harriers	73	6	102	8	64	4					239	18
7	Victory	119	7	132	10	99	8					350	25

Hampshire Road Race League 2013/14

Senior Men - A Team

Division 1

		Score		Overton		Victory		Solent		Lordshill		Gosport	
1	Stubb'ton	10	257	3	51	1	52	1	46	1	36	4	72
2	Salisbury	14	315	1	29	2	67	2	49	2	39	7	131
3	Lordshill	17	402	4	92	4	105	4	85	3	61	2	59
4	Overton	21	472	5	107	6	153	3	54	4	88	3	70
5	Winchester	22	521	2	43	3	102	7	176	5	104	5	96
6	Denmead	30	772	7	276	5	129	5	138	7	131	6	98
7	So'ton AC	35	1163	10	337	8	245	10	414	6	122	1	45
8	Eastleigh	38	1219	6	176	7	195	9	397	8	214	8	237
9	New Forest	42	1371	8	298	10	328	5	138	10	326	9	281
10	Totton	45	1460	9	302	9	285	8	320	9	228	10	325

Senior Men - B Team

Division 1

		-score		Overton		Victory		Solent		Lordshill		Gosport	
1	Stubb'ton B	6	778	2	137	1	170	1	174	1	143	1	154
2	Lordshill B	17	1192	6	276	3	224	4	320	2	173	2	199
3	Stubb'ton C	22	1337	7	276	6	350	3	255	3	246	3	210
4	Winchester B	23	1388	3	148	2	178	7	422	6	332	5	308
5	Salisbury	28	1678	1	116	4	297	2	210	10	500	11	555
6	PompeyJ B	39	2139	10	502	7	367	6	388	8	470	8	412
7	Winchester C	42	2112	5	244	5	304	10	515	12	545	10	504
8	Denmead	44	2412	11	571	10	548	9	497	7	411	7	385
9	Lordshill C	45	2358	9	429	8	424	8	436	16	764	4	305
10	Overton	51	2587	4	244	11	626	16	604	5	298	15	815
11	Eastleigh	55	2706	8	355	9	435	16	604	9	474	13	838
12	New Forest	56	3056	12	623	14	653	5	377	11	534	14	869
13	So'ton AC	58	2583	16	702	16	663	16	604	4	275	6	339
14	PompeyJ C	61	3192	13	692	13	652	12	594	14	754	9	500
15	Fareham	64	3038	16	702	12	632	11	537	13	570	12	597

Senior Ladies - A Team

Division 2

		-score		Overton		Victory		Solent		Lordshill		Gosport	
1	New Forest	15	621	8	293	3	145	1	35	2	136	1	12
2	Victory	15	729	2	135	1	109	4	147	4	153	4	185
3	IOW RR	16	750	5	182	2	112	5	155	1	131	3	170
4	Hardley	20	1011	4	280	6	262	2	84	6	219	2	166
5	Overton	25	862	1	62	4	147	8	229	5	168	7	256
6	Farnham	29	921	3	145	11	273	7	167	3	146	5	190
7	Gosport	36	1236	7	250	5	178	6	218	7	251	11	339
8	Ryde	37	1168	6	211	11	273	3	116	11	373	6	195
9	So'ton Sis	45	1497	11	303	7	263	11	239	8	363	8	329
10	PortsmAC	55	1527	11	303	11	273	11	239	11	373	11	339

Senior Ladies - B Team

Division 2

		-score		Overton		Victory		Solent		Lordshill		Gosport	
1	Victory	15	1410	2	273	3	240	4	250	3	305	3	342
2	Hedge End	19	1167	14	303	1	219	1	185	1	238	2	222
3	New Forest	34	1360	14	303	14	437	3	212	2	277	1	131
4	Hardley	39	1753	14	303	14	437	2	201	5	353	4	459
5	Overton	47	1726	1	175	4	427	14	260	14	387	14	477
6	Gosport	48	1593	14	303	2	222	14	260	4	331	14	477
7	So'ton AC	54	1844	14	303	14	437	14	260	7	377	5	467
8	Andover	59	1854	3	293	14	437	14	260	14	387	14	477
9	Farnham	62	1804	14	303	14	437	14	260	6	327	14	477
10	Aldershot	70	1864	14	303	14	437	14	260	14	387	14	477
11	Poole AC	70	1864	14	303	14	437	14	260	14	387	14	477
12	PortsmAC	70	1864	14	303	14	437	14	260	14	387	14	477
13	Ryde	70	1864	14	303	14	437	14	260	14	387	14	477

After receiving a text from Stuart asking if I was going to 'man up' and join him as he had entered the Portsmouth Coastal marathon, I am on the start line knowing that the race will have a tough head wind for the second half and especially for the last two miles. The wind on the same two miles added forty seconds per mile to the elite runners of this year's Great South Run and that was at the end of a ten mile race.

After asking our esteemed club captain for advice on breaking three hours the week before and getting the answer "I don't know" I decided on the age old tradition of going hard and hanging on.

As expected, it was blowing a gale and the rain from the day before had made the off road sections into a cross country course. As the rain and hail started to lash down, the race organisers decided to start the race three minutes early as they didn't want to be out in the rain either. After two miles we hit the first bit of shingle beach and three miles of off road trail, the group I was in started to slow down. This triggered some dodgy passing moves to drop that group as I set my sights on the pack thirty meters ahead. At five miles we hit the tarmac section along the side of the motorway where I decided to push on till half way to get more time in the bank.

Unlike last year I did not see the leader until I had less than half a mile to go to the turn point which I reached in 1hr 25, so all I had to do was average seven minutes per mile all the way back and I was under three hours.

As we hit sixteen miles we came out of the protection of the trees between us and the sea to meet the head wind for the first time. It was like a sledge hammer in the face but as I was still passing people who were only just hitting ten miles I was feeling good. For the next five to six miles the wind was tough but now the trail we were running on had just had eleven hundred runners on it and was now nicely churned up. I could still get enough traction to keep a sub seven minute mile pace so I wasn't losing time but it was harder to keep the pace up.

As we passed the last of the runners going the other way a couple of them said to me that I was sixth. As I could see fifth and fourth it now became even more of a race. I caught fifth by nineteen miles and started to work towards fourth who was about one hundred meters ahead of me.

As I hit twenty one miles the route took us through three miles that were sheltered from the head wind and I realised that my attempt to catch the bloke in fourth had taken its toll as my legs were about to cramp. Nothing my salt tablet wouldn't sort but I am not sure that a gel is what you are supposed to use to take them with. As I closed on the bloke in fourth I saw he was from Southampton, as we came off the last stretch of beach he missed the turning to the sea front.

Obviously I waited until I was at the turning before shouting to him, there is only so much sportsmanship needed in a race. He then used me as a wind shield for the last two miles on the seafront. I encouraged him to have a go at the front but he refused.

The wind was now brutal and we were caught by a bloke from Lords Hill who flew past us but I was determined to not let the Southampton bloke beat me, especially as I could see that I was well under 3 hours. He kicked with fifty meters to go but I had enough left to out kick him but instantly cramped in both legs as I crossed the line.



Someone else must have missed the turning as well as the results say I was 4th in 2:56:55. I thought more people were already over the line, however I maybe basing my view on when I tried to walk off my cramp and not when I crossed the line. Nineteen minutes quicker than last year, with conditions slightly worse and breaking 3 hours it's a great way to finish the year.

Stuart had a good run and was three minutes quicker than last year at 3:09, Kate was pleased to see a three on the clock at the finish (just) despite a cringe worthy fall on the beach at mile three.

Lucy found the conditions tough but favoured better than Chris who found out that a lack of training means that he takes the award for 'Beaten by the wife' as he pulled out at seventeen miles.

As the winner only ran 2:50 I expect Sean, Lee and Neil maybe tempted with this race next year and a bit of pot hunting.....

Harrier	Gun Time	Chip Time	Position
Martin Groundsell	02:56:55	02:56:50	4 th
Stuart Searle	03:09:50	03:09:45	25 th (12 th V40)
Kate Groundsell	04:00:13	03:59:55	429 th (51 st Lady)
Lucy Pearson	04:36:37	04:35:27	795 th (151 st Lady)

1166 finished

JUNIORS NEWS

Schools X-Country

It's been a good year for XC (news of the Hampshire XC Champs in Jan's Newsletter) with some of our older juniors now competing in their local Schools XC Championships with excellent results.

Mel Hodkin qualified at the Basingstoke Schools event and the Andover Schools had similar success with Lauren Dennison (1st) and Caitlin Cook (3rd) in the Year 8 Girls race, Niall Cook (5th – Year 7 boys) and Molly Wateridge (2nd – Year 7 Girls).

Sportshall

We're half way through our Sportshall (indoor athletics) season, with two matches to go. Good luck to Jessica Wateridge who will be representing Hampshire at Burgess Hill on 11th January.

Wessex League

We are pleased to confirm that our juniors will once again be taking part in the Wessex League track and field league. However, this year we will be making up a composite club with New Forest Runners. This may appear an unusual move but they are a new entrant into the league and we are too small to take a full place in this popular league.

CYCLISTS RACE

22nd December

from Piers Puntan

With 15 minutes to go it looked that there would be a sparse number of Harriers turning out for what was, given the recent weather, a reasonable Sunday morning. However as it got closer to the off the number increased dramatically so there were nearly 50 runners haring up Court Drove, most of us watch Lee leading up the like a demon however the winner was Dave Meacock from the cyclists finishing ahead of Sean in for the conditions an impressive time of 19:10.



After a series of poor races I wanted to get a decent race in so at the start I tucked behind Hannah and Keith Clark, hoping to get the pace up to the Harroway right and this worked a treat as I was able to work my way through the field catching up with cyclists who had gone off a bit too fast. By the lynch I caught another two cyclists though I was unable to catch young George who seems to get quicker ever time I race against him.

Another good Cyclist's race for the Harriers winning by a comfortable margin, thanks to all involved.

Pos	Name	Team	Time
1	David Meacock	Cyclists	19.10
2	Sean Holmes	OHAC	19.57
3	Lee Tolhurst	OHAC	20.09
4	Neil Martin	OHAC	20.53
5	Keith Vallis	OHAC	21.15
6	Mike Bliss	OHAC	21.25
7	Richard Clifford	OHAC	21.31
8	Robin Oakley	OHAC	21.40
9	Neil Glendon	OHAC	22.09
10	Martin Harris	Cyclists	22.27
11	Henry Salmon	Cyclists	22.29
12	Alex Charlick	Cyclists	22.32
13	Chris Minter	Cyclists	22.36
14	Sam Allen	Cyclists	22.39
15	Nick Onslow	Cyclists	22.52
16	Charlie Charlick	Cyclists	23.02
17	Cath Wheeler	OHAC	23.10
18	George Preece	OHAC	23.33
19	Piers Puntan	OHAC	23.42
20	Bernie Charlick	Cyclists	23.54
21	Richard Lewis	Cyclists	23.56
22	Keith Clark	OHAC	23.58

Pos	Name	Team	Time
23	Robbie Dennison	OHAC	24.04
24	Hannah Bliss	OHAC	24.26
25	Dave Titcomb	OHAC	24.44
26	Mark Baker	Cyclists	25.09
27	Dave Wrey	Cyclists	25.17
28	Simon Lunskey	Cyclists	26.22
29	Simon Gill	Cyclists	26.25
30	Alex Cross	Cyclists	26.56
31	Alistair Paul	OHAC	27.24
32	Lydia Spruce	Cyclists	27.31
33	Steve Edwards	OHAC	27.40
34	Richard Francis	OHAC	28.15
35	Jean Limpitlaw	Cyclists	28.21
36	Damien Lewis	Cyclists	28.28
37	Alex Tilbury	OHAC	28.31
38	Sarah McCann	OHAC	29.04
39	Jay Allen	Cyclists	29.55
40	Steve Spence	OHAC	30.28
41	Neil McCann	OHAC	30.46
42	Monique Van Nueten	OHAC	31.02
43	Steve Hobden	Cyclists	34.41
44	Sam Davies	Cyclists	36.19
45	Julia Leavey	OHAC	36.24
46	Mark Bulpitt	OHAC	37.15
47	David McClean	Cyclists	41.20

Match Result

Overton Harriers 446 pts

Cyclists

549 pts